

PART I - FACE SHEET

APPLICATION FOR FEDERAL ASSISTANCE

Modified Standard Form 424 (Rev.02/07 to confirm to the Corporation's eGrants System)

1. TYPE OF SUBMISSION:
Application Non-Construction

2a. DATE SUBMITTED TO CORPORATION FOR NATIONAL AND COMMUNITY SERVICE (CNCS):
08/03/16

2b. APPLICATION ID:
16SR187341

3. DATE RECEIVED BY STATE:

4. DATE RECEIVED BY FEDERAL AGENCY:

08/03/16

STATE APPLICATION IDENTIFIER:
15SRWTX002

5. APPLICATION INFORMATION

LEGAL NAME: Chisholm Trail RSVP

DUNS NUMBER: 784693541

ADDRESS (give street address, city, state, zip code and county):

4208 N Interstate 35

D-5

Denton TX 76207 - 3441

County:

NAME AND CONTACT INFORMATION FOR PROJECT DIRECTOR OR OTHER PERSON TO BE CONTACTED ON MATTERS INVOLVING THIS APPLICATION (give area codes):

NAME: Diana M. Corona

TELEPHONE NUMBER: (940) 383-1508

FAX NUMBER: (940) 387-0862

INTERNET E-MAIL ADDRESS: dmcorona@rsvpserve.org

6. EMPLOYER IDENTIFICATION NUMBER (EIN):

751959671

7. TYPE OF APPLICANT:

7a. Non-Profit

7b. Self-Incorporated Senior Corps Project

8. TYPE OF APPLICATION (Check appropriate box).

NEW NEW/PREVIOUS GRANTEE
 CONTINUATION AMENDMENT

If Amendment, enter appropriate letter(s) in box(es):

A. AUGMENTATION B. BUDGET REVISION

C. NO COST EXTENSION D. OTHER (specify below):

One-time augmentation of \$3500

9. NAME OF FEDERAL AGENCY:

Corporation for National and Community Service

10a. CATALOG OF FEDERAL DOMESTIC ASSISTANCE NUMBER: 94.002

11.a. DESCRIPTIVE TITLE OF APPLICANT'S PROJECT:

Chisholm Trail RSVP

10b. TITLE: Retired and Senior Volunteer Program

11.b. CNCS PROGRAM INITIATIVE (IF ANY):

12. AREAS AFFECTED BY PROJECT (List Cities, Counties, States, etc):

Texas, Denton County including: Argyle, Aubrey, Bartonville, Carrollton, Copper Canyon, Corinth, Denton, Highland Village, Little Elm, Flower Mound, Lewisville, Kr

13. PROPOSED PROJECT: START DATE: 04/01/15 END DATE: 03/31/18

14. CONGRESSIONAL DISTRICT OF: a.Applicant TX 26 b.Program TX 26

15. ESTIMATED FUNDING: Year #:

16. IS APPLICATION SUBJECT TO REVIEW BY STATE EXECUTIVE ORDER 12372 PROCESS?

YES. THIS PREAPPLICATION/APPLICATION WAS MADE AVAILABLE TO THE STATE EXECUTIVE ORDER 12372 PROCESS FOR REVIEW ON:
DATE:

NO. PROGRAM IS NOT COVERED BY E.O. 12372

17. IS THE APPLICANT DELINQUENT ON ANY FEDERAL DEBT?

YES if "Yes," attach an explanation. NO

18. TO THE BEST OF MY KNOWLEDGE AND BELIEF, ALL DATA IN THIS APPLICATION/PREAPPLICATION ARE TRUE AND CORRECT, THE DOCUMENT HAS BEEN DULY AUTHORIZED BY THE GOVERNING BODY OF THE APPLICANT AND THE APPLICANT WILL COMPLY WITH THE ATTACHED ASSURANCES IF THE ASSISTANCE IS AWARDED.

a. TYPED NAME OF AUTHORIZED REPRESENTATIVE:
Suzanna Koziol

b. TITLE:

c. TELEPHONE NUMBER:
(940) 230-6993

d. SIGNATURE OF AUTHORIZED REPRESENTATIVE:

e. DATE SIGNED:
01/15/16

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Executive Summary

Name of Legal Applicant: Chisholm Trail RSVP, Inc. dba RSVP: Serving Denton County

Mission Statement: The Retired and Senior Volunteer Program (RSVP) identifies and addresses issues impacting communities of Denton County and through volunteer service enhances the lives of older adult volunteers as well as those they serve.

RSVP: Serving Denton County (referred to as RSVP hereafter) has successfully provided services in the form of volunteer recruitment, placement, and management to non-profit and governmental agencies since 1973. It became a self-incorporated project in 1984. In addition, in 2013, it became an AmeriCorps VISTA (Volunteers in Service to America) Intermediary Project.

In order to service the county effectively and transition volunteers into the focus areas, RSVP brought in all staff at the main office in Denton (northern part of the county.) The branch office in the southern part of the county in Lewisville was closed May, 2014.

Since 1994, in order to capture and expand funding streams, RSVP bundled a great number of volunteers into signature projects created based on identified community needs. Those RSVP signature projects are as follows:

SHIPP-Seniors for Health, Immunization Prevention Program, Rockin' Readers, VITA-Earned Income Tax Credit Preparation and Tax Aide, Senior Medicare Patrol and West Nile Virus Education Task Force.

An estimated 585 RSVP volunteers will serve as volunteers in Denton County. Some of their activities will include: 1) imparting information to new parents on the importance of timely immunization as well as influenza and pertussis information across the life span, 2) delivering meals to home bound elderly and disabled individuals, 3) assisting with tax preparation for low-income families, 4) serving meals to the homeless at soup kitchens as well as distributing food at food banks, 5) reading to public school children in kindergarten and first grade, 6) serving as guides and educators at the Elm Fork Environmental Center and assisting with disaster or bio-terrorism response through the Medical Reserve Corps.

The primary focus area of this project is Healthy Futures: H10 -- Food Distribution, H8 - Number of Individuals receiving independent living services, H9 -- Number of individuals with disabilities having increased social support, H4 -- Number of clients participating in health education programs, and H11- Number of individuals getting support, education and/or referrals for hunger

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By the conclusion of the three year grant, RSVP will plan to recruit and place 274 volunteers in this Primary Focus Area which settles on 47% of the total unduplicated count for the project. They will be placed at 37 stations. Of those 274, 76 RSVP volunteers will deliver meals and provide personal contact to 230 home bound clients through Meals on Wheels Programs (Selected for Outcome). The CNCS Independent Living Survey will be utilized to measure increased social support with a target of 170 clients.

The CNCS federal investment of \$48,563 will be supplemented by \$92,998 which includes required match and excess resources. The \$20,813 in match support is broken down: Texas Dept. of Aging and Disabilities 20,644 and Town of Flower Mound 164.

Strengthening Communities

**Describe Community/Demonstrate Need Primary Focus Exists/How Activities Lead to Performance Measures

According to the Denton Record Chronicle, Denton County is one of 30 fastest growing counties in the country. It is host to 2 major universities, Texas Woman's University (student population-15,168) and University of North Texas (student population-37,950) as well as a fast growing community college, North Central Texas Community College (student population-8,107). Denton County, Texas encompasses 957 square miles and is comprised of 11 school districts, over 20 incorporated cities or towns as well as substantial unincorporated areas. The population for Denton County is 728,799 (2013 estimate) according to the North Central Texas Council of Governments information. The city of Denton (113,383 2010 Census) is the county seat as well as the largest city in the county and is located in a metropolitan triangle formed by Dallas 38 miles to the southeast and Fort Worth 38 miles to the southwest. It does not consider itself a metropolitan suburb of the larger cities to the south.

The Office of Management and Budget (OMB) designates counties as metropolitan, micropolitan or neither. A metro area contains a core urban area of 50,000 or more population and a micro area contains an urban core of at least 10,000 but less than 50,000 in population. All counties that do not fall within the Metropolitan Statistical Area are considered rural. With this definition in mind, Denton County, TX is considered metropolitan.

The U. S. Census Bureau defines two types of urban areas. An Urbanized Area has a population of over 50,000 and an Urban Cluster has a population of at least 2,500 and less than 50,000. The census does not actually define rural. "Rural" includes all population not included within an urban

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area.

Although the OMB considers Denton County to be metropolitan, there are many communities that are considered rural or urban clusters according to the US Census Bureau. RSVP has many volunteers in many towns and cities throughout the county. In the southern and eastern parts of the county the population is mostly urban, but in the northern and western areas the population would be considered an urban cluster or rural.

Cities where RSVP volunteers live and work in Denton County that are considered urban with populations over 50,000 are Denton, Flower Mound, and Lewisville. Towns and Cities considered urban clusters with populations between 2,500 and 50,000 include Argyle, Aubrey, Corinth, Double Oak, Hickory Creek, Highland Village, Justin, Krum, Lake Dallas, Lantana, Little Elm, Oak Point, Pilot Point, Sanger, Shady Shores and The Colony.

Rural communities with populations below 2,500 include Bartonville, Copper Canyon, Cross Roads, Krugerville, Lakewood Village and Ponder.

Dramatic growth among both the general and elderly populations is reshaping communities in North Central Texas. The elderly population is expected to double within the next two decades. At this time, the extraordinary 872.8% growth from 2000 -- 2040 of Denton County's population (Texas Dept. of Aging Policy and Information, Texas Demographics: Older Adults in Texas April, 2003) serves as a reminder of the tremendous resource and pool of potential volunteers readily available and yet to come.

The anticipated jump in the general population will bring about an increased need for social services. This need will in turn impact non-profits and social services across our communities. RSVP with its growing volunteer base is a natural resource for supporting those agencies which will be taxed to provide services.

The Primary Focus Area being addressed will be Healthy Futures. Senior hunger has steadily increased nationwide and continues to be a growing concern in Texas and in Denton County. Texas ranks as the fourth state with the highest rates of hunger risks among seniors, with more than 18 percent of seniors facing the threat of hunger. Food insecurity among seniors is projected to increase by 50% when the youngest of the Baby Boom Generation reaches age 60 in 2025.

A meal delivered by the volunteers is often what allows home bound seniors to remain independent and living in their own homes, a far better solution for most seniors than institutional care. According to the National Survey of Older Americans Act Program

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Participants conducted for the U.S. Administrative on Aging: 85% of clients say Meals on Wheels helps them eat healthier, 91% say Meals on Wheels helps them feel more secure, and 93% say Meals on Wheels means they can continue to live in their own home.

As people age, contact with friends and family may diminish and isolation and loneliness can occur. Volunteers who deliver meals to home bound seniors not only provide important nourishment, but also provide a source of social engagement when the meal is delivered. A survey conducted through the Area Agency on Aging of North Texas Meals on Wheels showed that 94% of clients surveyed reported feeling more secure knowing that someone would be checking on their well-being on a regular basis. RSVP volunteers will also be placed to deliver meals and assist clients with feeling secure and nourished. These RSVP volunteers will be utilized to deliver and collect surveys to clients to gauge outcomes. The brief questionnaire will be accompanied by a personal care items gift as incentive and appreciation for completing the survey. The RSVP volunteers will also be recognized for their assistance by including their name in a drawing for prizes. Conducting the survey has been approved by the RSVP Station representatives. The design of the survey will be initiated by RSVP staff members and then reviewed by the RSVP station representatives as well as key University stakeholders for clarity, validity and reliability. It will be designed to survey volunteers and those clients receiving meals as to their knowledge in feeling more food secure.

In alignment with H8 and H9 Healthy Futures /Aging in Place, 76 RSVP volunteers will deliver meals to home bound seniors and individuals with disabilities. Two hundred and thirty clients will be served through 10 stations. The anticipated outcome is: Number of individuals with disabilities having increased social support. Our target is 170 unduplicated clients. Because of our tenured relationship with both the Denton County Meals on Wheels and SPAN (Services Program for Aging Needs)-Meals on Wheels, the task of conducting the survey and collecting important data from the clients will be far easier and allow RSVP to gather appropriate outcomes in this selected measure.

Moving forward to the next work plan within the Healthy Futures arena is H10- Obesity and Food. RSVP will recruit 121 volunteers to assist with stocking and distributing food at 8 sites facilitating soup kitchens, pantries and food banks. In the United States, more than one out of five children lives in a household with food insecurity, unable to determine where their next meal will come from. A new study conducted by hunger-relief charity Feeding America found that 38 percent of food-insecure Texans were above the poverty line and therefore ineligible for federal nutrition programs like SNAP (Supplemental Nutrition Assistance Program). In 2012, 98,560 people were food insecure in Denton County, 32,820 of whom were children. This means that one in seven Denton county residents are

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struggling with hunger, and more than half of those do not qualify for government assistance. Denton County residents were found to have the highest rate of food insecurity of the counties served by the Tarrant Area Food Bank, with 15.2 percent total food insecurity (Mapping the Meal Gap, 2012). Unfortunately, 61 percent of food insecure residents do not qualify for SNAP (food stamps) or free and reduced cost school meals. Food pantries throughout Denton County provide staple food items for families living in

poverty and struggling with food insecurity. In addition, soup kitchens feed our homeless population the meals they critically need. RSVP volunteers help sustain the daily operations of food banks and soup kitchens to serve the low income and food insecure residents of Denton County. RSVP volunteers are uniquely qualified to help meet the food insecurity needs in Denton County for several reasons. First, most of them remember the Great Depression and the Rationing that took place. Second, they are part of a generation where neighbors helped neighbors and the community worked together to solve needs. RSVP will assist 27,000 clients. RSVP will work closely with station representatives to gather actual numbers of clients being served by volunteers. As a side note, RSVP was recently invited to join the homeless coalition. This county-wide coalition brings all service providers to the table to address critical client needs and often collaborate on grants and projects such as annual homeless counts.

RSVP has been a mainstay and great resource for many local organizations when it comes to delivery of health related information and health education. As early as 1994, RSVP launched its Seniors for Childhood Immunization Program (SCI). The mission of this program was imparting information on the importance of timely immunization to new parents bedside in the four county hospitals. At that time, Texas was ranked 49th in the country with having children under the age of 2 fully immunized. Most recently, due to funding issues, the program was cut from the Texas Department of Health and Human Services. In response to this program change, RSVP shifted service delivery to across the life span and was awarded 2 grants (Blue Cross Blue Shield -\$25,000 and Flow Health Care Foundation- \$15,000) resulting in the development of SHIPP (Seniors for Health, Immunization Prevention Program), an enhancement of the old signature program. This program serves as an example of RSVP impacting Denton County residents when it comes to Healthy Futures-Access to Care. According to Healthy People 2020, vaccine-preventable diseases remain a concern.

Healthy People 2020 states that, "Despite progress, approximately 42,000 adults and 300 children in the United States die each year from vaccine-preventable diseases." Distributing

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timely and accurate information on immunization and prevention methods and resources is a priority in Denton County. Maintaining high levels of compliance with immunization across the lifespan is essential to preventing future disease outbreaks.

In Denton County, pertussis and influenza have had a fatal resurgence in recent years.

Pertussis and influenza are highly contagious infectious diseases that are easily passed between family members and those in close quarters. Pertussis immunization is complete when a child receives a series of five shots by early adolescence. However, compliance with the fifth booster shot is only 71.9% in Texas (Texas Department of State Health Services, 2011). Parents and grandparents of newborn children should also receive booster shots, to prevent potentially fatal pertussis infection. Influenza vaccination compliance remains low in Denton County with only 80% having a yearly flu shot. The last influenza season was especially deadly in Denton County, with three deaths reported by January 2014. Chief epidemiologist, Juan Rodriguez, asserted that everyone should have the influenza shot because the particular influenza strain impacted healthy adults (Denton County Health Department, 2014).

RSVP volunteers are responsible for distributing immunization, prevention, and resource information. RSVP volunteers bring a unique perspective to their positions in the community.

They remember a time when diseases like polio, measles, and mumps were common and not preventable by vaccine. These once common diseases were highly contagious and, sometimes, fatal. RSVP volunteers are able to share their life experiences through their service in this area. RSVP will mobilize 52 volunteers to serve at 17 stations for this work plan. They will impact 10,000 clients through information distribution.

The final work plan in the focus area of Healthy Futures is H11-Providing Services. There are 25 volunteers plugged into this area. They will serve at 2 stations: InterFaith Ministries and American Legion Senior Outreach Center. The 2013 federal poverty line for a family of four is \$23,550. The percentage of persons below the poverty level for Denton County is 8.5. Since 2000 the rate has increased by 88% in Denton County (2012 Beyond ABC Report). Sometimes, it is difficult for families to make ends meet. Unforeseen expenses, such as an illness or a car breaking down, can be a financial emergency and cause distress. Even routine financial expenses, such as back-to-school and holidays, can throw a family's financial budget into a tailspin. RSVP volunteers serve at sites that help

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individuals and families struggling financially to be able to afford their basic needs such as food and rent assistance. Further, volunteers conduct outreach and assist with the enrollment of new participants in the congregate nutrition program and health care clinics, as well host the annual Thanksgiving Community Dinner at the Martin Luther King Jr. Recreation Center which serves a full Thanksgiving meal to the community poor and elderly. Vendors providing health Screenings are also onsite at the event.

All together 274 volunteers or 47% of the 585 budgeted volunteers will be placed in the Healthy Futures Focus Area.

****Activity in Service to Veterans/Military Families**

In regards to working with military families, RSVP has always had great interest in collaborating with armed services programs and coalitions. The Executive Director was raised in the military culture and relates easily to the personal hardships of military families. In Mid-July 2013, a \$12 million, 37,000-square-foot facility became the new U.S. Army Reserve Center in Denton, Texas. Army reserves will train at the facility prior to deployment and after troops return home they will utilize services at the center to transfer back to civilian life. First Sgt. Carol Dosia was quoted as saying that the new facility is not just about the reserves but also about the community. "With so many coming back home, they need assistance, and our partners within the community will be able to help provide that transition back to civilian life they need," Dosia said. According to the National Center for Veterans Analysis and Statistics, Denton County is home to 44,004 veterans. The Denton Record Chronicle (9/5/2013) featured an article on the newly launched Denton County Veterans Coalition. The purpose of this coalition is to bring veterans, private citizens, business owners and nonprofits together to coordinate resources for veterans. RSVP retired veterans already serve on this coalition. Fifteen laptops, refurbished by a RSVP retired colonel, were donated to the Army Reserve Center for job searching assistance. RSVP will place volunteers to assist with veteran transition to civilian life and access to resources and services. The Reserve Center Commander Captain Norma Cabanas reached out to RSVP to assist with re-entry into the community.

****Plan and Infrastructure to Support Data Collection**

RSVP understands the importance of tracking and organizing all the data and information related to Performance Measurements. National Performance Measure outcomes and outputs will be tracked

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through the utilization of RSVP Reporter as well as surveys and other data collection designed in a cooperative manner with the volunteer, client and station in mind. All information related to Performance Measurements is kept in notebook binders. Through RSVP Reporter, Performance Measurement filters will be created to access required information when reports are due. RSVP Staff have been assigned areas of responsibilities based on the Focus Areas and will manage the volunteers and stations identified in the areas. Staff will be evaluated on meeting Performance Measurement targets.

RSVP has developed long lasting relationships with many community partners. As programs are developed to meet emerging needs, the partnerships with agencies fall in place. True collaborations have been established with all 4 county hospitals, the Denton County Health Department, Denton County Probate Courts, Lewisville, Little Elm, Sanger and Denton Independent School Districts, University of North Texas, United Way of Denton County and a number of large special event planning committees.

In August of 2014, RSVP added an additional stream of national service to its service delivery-AmeriCorps VISTA (Volunteers In Service To America). RSVP will recruit and place a total of 21 VISTA's in Denton, Wise, Cooke, Grayson and Collin Counties to address community needs within poverty alleviation or reduction. Many of the RSVP sites have become VISTA sites making this an additional layer of support for local nonprofits. Additionally, the RSVP Executive Director is a member of the Age Well, Live Well Coalition. This group approached the Executive Director offering support during the Recompetition grant period as well as proposing the concept of Chisholm Trail RSVP, Inc moving towards the establishment of a Volunteer Center serving county-wide.

*RSVP Primarily concentrated on the Focus areas which held the greater number of unduplicated volunteers and developed the Work Plans around those projected numbers. It is important to note that 176 volunteers have been selected and targeted for the Other Community Priorities Work Plan. Many of those stations listed which are not included in Priority areas actually fall within the guidelines of Focus Areas. Examples of those assignments are as follows:

- Tax Preparation-United Way of Denton County-volunteers focus on the Earned Income Tax Credit refunds
- Environmental Education-Elm Fork Environmental Education Center -volunteers operate the Planetarium and assist with educating students K-2 on environmental stewardship

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- Senior Medicare Patrol and West Nile Virus Task Force-volunteers make presentations on fraud prevention and wnv defense strategies
- Habitat for Humanity, Hearts for Homes and Giving Hope-volunteers focus on building safe homes and helping provide shelter for the homeless
- Medical Reserve Corps-RSVP volunteers serve as the core group of this group and assist with bio-terrorism or disaster preparedness drills.
- Army Reserve Center, Veteran's Coalition, volunteers refurbish and gift computers as well as mentor and assist with Toys For Tots
- Susan G. Komen, VNA Hospice, Cancer Resource Center, volunteers staff information sites and distribute health education materials.

The number of volunteers assigned to these stations range between 5-10 volunteers and their contributions are equally as important. Many of these assignments are performance measurable as well.

Recruitment and Development

****Plan and Infrastructure to Create High Quality Volunteer Assignments/Training**

In order to ensure quality placements and experiences for RSVP volunteers, it is critical to have the necessary components in place for effective volunteer management. It all begins with the RSVP leadership and staff having a clear understanding of the process of recruitment and placement of volunteers in key areas. The goal is to truly become the "experts" in volunteer management. Staff is encouraged to think outside the box and to navigate towards those "non- traditional" types of recruitment methods. These methods include setting up information sessions at coffee houses, wellness centers, civic groups, Life Long Learning Classes, and those very active retirement communities. The Executive Director has always felt strongly about steering away from "piggy backing" volunteer recruitment from senior centers, hospitals and assisted living centers.

Other methods for volunteer recruitment include posting on Volunteer Match, news releases and articles in local media, email blasts through Constant Contact and targeted mailings to current volunteers, presentations to civic groups and information and health fairs. RSVP has set itself up on social media venues and will strength this effort. Volunteers are often drawn to assignments based on their past experience and regained passions. However, the best method of recruitment has always